



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | August 2025



SAVE THE DATE

**Saturday,
October 11th**



Youth Mental Health First Aid is coming this fall for all parents/guardians of youth ages 12 to 18.

Keep your eye out for more info coming soon!

Your Health won't wait - Why Should You?

Take charge of your health with some of these Health Living Programs that the First Coast YMCA offers!

Upcoming Programs

Weight Loss

- Supports healthier weight goals through small, sustainable daily changes and lifestyle skills.

Diabetes Prevention Program

- A year-long program with weekly then monthly sessions led by a trained coach, focusing on healthy eating, physical activity, and behavior changes.

LIVESTRONG at the YMCA

- A free, evidence-based program helping adult cancer survivors regain health and well-being.

Blood Pressure Self-Monitoring

- Learn to use a BP cuff correctly and receive personalized support to manage your health and reach your goals.



IT'S NEVER TOO LATE TO FEEL GREAT.

WILLIAMS FAMILY YMCA | 10415 San Jose Blvd | 904.292.1660 | AUGUST 2025

AUGUST EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted).
Reservations can be made in our app and online at fcymca.org.

Cool off with our Aqua Fitness Classes, every Monday through Friday from 9:00 – 10:00am

Bible Study

Every Friday, 12:30 - 1:30pm, Healthy Living Center

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Urban Soul Line Dancing

Friday, August 1st, 6:00 – 7:30pm, Studio A

Join in the fun and bring a friend for some line dancing fun!

Music & Memories

Tuesday, August 12th, 3:00 – 4:30pm, Studio A

Join us for a trip down memory lane! Enjoy listening to music that shaped our lives and journaling special memories!

Game Day

Tuesday, August 19th 3:00 – 4:30pm, Studio B

It's time for PING PONG! Also, enjoy a variety of different games – from Jenga to UNO to Trivial Pursuit and more – with your Y friends!

Lunch & Learn: Healthy Aging Presentation with Conviva Health Care

Wednesday, August 20th, 12:00 – 1:00pm, Healthy Living Center

Join the YMCA and Conviva for an educational session. Lunch will be provided for all reserved participants. Be sure to reserve your spot in our app or online!

Lunch and Learn: VIP Better Health Group Cooking Presentation

Thursday, August 21st, 12:00 – 1:00pm Healthy Living Center

(Space is limited, register on the App!)

Book Club

Thursday, August 21st, 1:15 - 2:15pm, Studio B

Join us for a peer led, healthy literary discussion. We are currently reading "Viral" by Kathy Reichs.

Arts and Crafts

Thursday, August 21st, 3:00 – 4:30pm, Studio B

Staff led and loads of fun!

Party and Play: Bingo & Birthdays!

Thursday, August 28th, 3:15 – 5:00pm, Studio A

Fun, prizes, and more!!! If you are celebrating a birthday in June, stop by BINGO and enjoy a sweet treat with your AOA friends and family.

Don't forget your PUNCH!

Pick up your AOA Punchcard at the Welcome Center, each time you visit the Y, get it punched at the Welcome Center.

**More visits=
More chances to WIN!**

PICKLE BALL

Mondays/Wednesdays

3:00pm – 4:30pm

Fridays

2:00pm - 4:30pm

Sundays

10:00am – 12:00pm

If you would like to be a part of the 50 and Better volunteer team, we would love to chat with you! Please email Melinda Lewis @ mlewis@fcymca.org for more information!